

# midwest

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### Midwest Accident Repairs

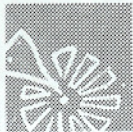
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## RURAL HEALTH ON THE AGENDA FOR HEALTH STUDENTS ACROSS NSW

*Students doing their part in easing  
the rural health workforce shortage*

Over 100 medical, nursing and allied health students are coming together for the second 'Rural Appreciation Weekend (RAW)' in Dunedoo, New South Wales from 3-6 October. They will be participating in rural oriented activities to give them an opportunity to understand what it is like to live in rural Australia. These students, the majority of whom are from city backgrounds, are coming together in a multidisciplinary setting to better understand the issues affecting

rural and remote Australia. It has been proven that positive experiences in rural or remote areas are more likely to improve the chances of a student working in such areas, and this camping weekend for health students across NSW is designed to get them thinking more about rural health. Medical student and Co-Chair of the National Rural Health Students' Network (NRHSN), Mr Shannon Nott, (pictured at right) devised this program last year with the aim to provide city and country health students the opportunity to experience rural lifestyle. He states "We need to start thinking outside the box when it comes to providing equity in terms of healthcare in this country. There needs to be more opportunities for students to experience rural life whilst at university if we are to begin to recruit health professionals out bush. Students learn about rural and remote health in their lectures but nothing can replace the learning curve of experience."



The Rural Appreciation Weekend will bring together students from across NSW to network and interact with local health professionals, and local members of the community. Students will also engage in Indigenous cross-cultural workshops, farming culture, be given talks on snake bite first aid and interact in various other activities surrounding rural lifestyle. RAHMS President Miss Sophie Rymill says "This weekend is an opportunity for students to learn from each other just as much as they can learn from the professionals and workshop coordinators. It is an invaluable experience for students to come together from across the state to learn more about what rural life entails." The weekend is being held on Stephen Nott's property "Oakfield" outside of Dunedoo. The weekend is aimed predominately at students who are unfamiliar with rural lifestyle and the benefits of rural health practice. It is designed to entice students to begin thinking about futures in rural health careers.

*RAHMS is a member club of the NRHSN, which represents 28 Rural Health Clubs with over 7,000 Members from universities around Australia. These members are passionate about multi disciplinary rural and remote health and hope to create a future with better health outcomes for all rural and remote Australians.*



**RAHMS**  
WE WANT EWES